

Community Connections (Revelstoke Society)

Self Injury In Youth
Presented by Dr. Mary Kay Nixon and Harjit Aulakh
June 13, 2008

25 Attendees Completed Evaluation Forms

1. AGE:

	RESPONSE
20 -25	1
25-30	6
30-40	4
40-50	8
GREATER THAN 50	6

2. YEARS IN PRACTICE:

	RESPONSE
0-5	9
5-10	8
10-15	7
GREATER THAN 15	1

3. PROFESSION:

	RESPONSE
PSYCHOLOGIST	2
PSYCHIATRIST	5
SOCIAL WORKER	4
CHILD & YOUTH COUNSELOR	11
NURSE	0
OTHER (PLEASE SPECIFY)	

- Human Service Work Student Specializing in CYC
- Teacher
- Youth addictions counselor
- Counselor
- Supervisor of Front Line
- Front Line Worker x3
- Previous drug & alcohol counselor
- Foster Parent x2
- Family/Adult counselor
- Youth worker

4. PRACTICE:

	RESPONSE
FULL TIME	18
PART TIME	4
SEMI-RETIRED	0
OTHER (PLEASE SPECIFY)	
• Just graduated	
• No practice	

PLEASE RATE YOUR LEVEL OF SATISFACTION WITH THE FOLLOWING

5. HOW RELEVANT WAS THE MORNING SEMINAR (INTRODUCTION AND ASSESSMENT TO SI) TO MY LEARNING NEEDS?

	RESPONSE
UNSATISFACTORY	0
SOMEWHAT SATISFACTORY	0
SATISFACTORY	11
VERY SATISFACTORY	14

6. HOW COMPREHENSIVE WAS THE MORNING SEMINAR (INTRO TO SI) WITH REGARD TO MEETING MY LEARNING NEEDS?

	RESPONSE
UNSATISFACTORY	0
SOMEWHAT SATISFACTORY	0
SATISFACTORY	11
VERY SATISFACTORY	14

7. HOW RELEVANT WAS THE MORNING SEMINAR (INTRO TO SI) WITH REGARD TO MEETING MY LEARNING NEEDS?

	RESPONSE
UNSATISFACTORY	0
SOMEWHAT SATISFACTORY	0
SATISFACTORY	12
VERY SATISFACTORY	13

8. HOW COMPREHENSIVE WA THE MORNING SEMINAR (INTERVENTIONS) WITH REGARD TO MEETING MY LEARNING NEEDS?

	RESPONSE
UNSATISFACTORY	0
SOMEWHAT SATISFACTORY	1
SATISFACTORY	12
VERY SATISFACTORY	12

9. WHAT DID YOU LEARN DURING THE MORNING SEMINAR THAT WAS MOST USEFUL?

- The different demographics of male and female situations
- Causes of SI and possible treatment options
- Relevant therapies to use – helps me to know that I am doing good practices
- The varied assessment questions and related treatment options for each area
- Education on models and how to apply them
- Motivation level
- How I am using a variety of different methods according to each situation
- MI
- Motivational interviewing concept
- Balance meals, lifestyles, proper mediation
- DBT
- Validated info I already felt
- Everything

- Tips for helping youth understand triggers and emotional regulation, also DBT techniques
- I learnt how much I currently know and how better to implement current skills
- Different treatment modalities, looking forward to exploring them further
- Resource list and inventory; how widespread it is among youth (studies & stats) plus the inventory of therapies
- 2n/a
- Resources recognition of issues, data re: incidence #'s
- Interventions
- Looking at overall situation, underlying issues
- New sheets eg SAS to use website to access more information
- How to deal with self harm
- What therapies you are using in your work, how you work your groups

10. WHAT WAS LEAST HELPFUL FROM THE MORNING SEMINAR?

- All was good work
- The sound on the video
- Videos – but if you could hear them they would be very valuable
- Running short on time to go over fully the second portion of the session
- 15 n/a
- A few too many DBT, CBT, ABC for me
- We didn't get time to debrief case study with the facilitators
- The half hour break was too long, 15 minutes would have been enough
- Specific therapies
- Found it all helpful

11. HOW RELEVANT WAS THE AFTERNOON WORKSHOP WITH REGARD TO MY LEARNING NEEDS?

	RESPONSE
UNSATISFACTORY	0
SOMEWHAT SATISFACTORY	0
SATISFACTORY	16
VERY SATISFACTORY	8

12. THE OVERALL QUALITY OF THE WORKSHOP/PRESENTATION WAS:

	RESPONSE
UNSATISFACTORY	0
SOMEWHAT SATISFACTORY	0
SATISFACTORY	10
VERY SATISFACTORY	14

13. WHAT DID YOU LEARN DURING THE AFTERNOON WORKSHOP THAT WAS MOST USEFUL?

- Psycho-education info, round table discussion
- The complexity of cases and how to
- Figuring out what assessment and treatments would work in our case
- 7 n/a
- How important basic needs of health and nutrition is
- Only do what the client is ready to do
- Keep checking in with client\
- The reasoning that teens have behind self-harm
- I liked the opportunity to join with others for case consult

- Other stories
- Being creative in that you start where the youth is and adapt strategies to individual youth
- Group discussion, case examples
- Discussion with yourself and Harjit
- Small group with leaders (facilitators) useful and informative
- Types of approach – group discussions
- Discussion with other professionals helped with reinforcement of info and get ideas that work for them
- Hearing stories of clinical
- Getting to talk to colleagues – looking at what to do in a case

14. WHAT WAS LEAST HELPFUL FROM THE AFTERNOON WORKSHOP?

- All very helpful
- The sound on the video
- Didn't get to debrief cases
- Not coming back together to share the workshop groups case scenarios
- Might have presented cases table by table
- 10 n/a
- I wish you luck with the videos – that would have helped
- Unfortunate videos – would have been extremely helpful & insightful to hear clients and their own perspectives
- Ran out of time – two days in future?
- We didn't get time to debrief case study with the facilitators
- It would have been great to have some feedback from presenters on our case studies
- Can't think of anything
- Focusing on assessment
- A specific case may have been more timely – we mainly discussed generalization as the case we had was not related to a youth
- More questions and answers would be great
- Not reviewing the cases – to get feedback on what we talked about to get the reinforcement of hearing other cases

Analysis and Recommendations:

Executive Director

Date:

Recommendations: